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WAR FOOD ADMINISTRATION
Office of Marketing Services

511°513 U. S. Court House
Phone 2-1365

Fort Worth 2, Texas
March 1, 1945

WARTIME FOOD BULLETIN

Did you ever stop to think where all the fresh fruits and vegetables come from? Here in North Texas many of them arrive from the producing districts or from distributing points by truck. But the arrivals on the Dallas and the Fort Worth markets together which came by rail and were unloaded in these cities averaged nearly 1000 cars per month in 1944. 3,967 cars of fruits and vegetables were unloaded in Fort Worth and 7,386 cars in Dallas during the past calendar year. These carlot unloads consisted of 46 different products. Dallas drew them from 35 states and a few foreign countries. Fort Worth drew them from 30 states and a few foreign countries. Carlot receipts were unloaded from Texas, California, and Colorado every month in the year at both Dallas and Fort Worth. Dallas also unloaded cars every month in the year from the states of Washington, Idaho, and Oregon. California had the distinction of unloading more cars than any other state with 1,341 in Dallas and 1,303 in Fort Worth. The greatest number of cars of any vegetables were potatoes with 1,897 cars in Dallas and 891 in Fort Worth. The greatest number of cars of any one fruit were oranges in Dallas and bananas in Fort Worth. The months of greatest unloadings of all fruits and vegetables were August, September, and October. In Dallas the unloads during these three months amounted to 734, 816, and 798 cars respectively. In Fort Worth the unloads for the corresponding months were 425, 423, and 427 cars respectively.

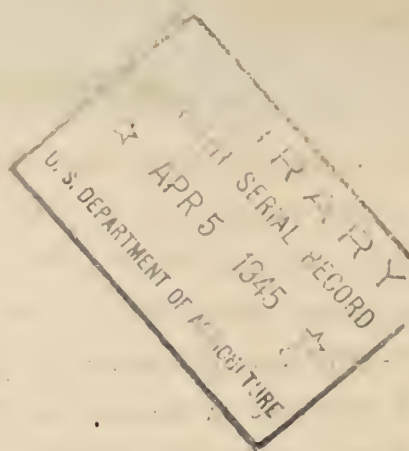
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If your mouth is watering for more vegetables or if you have that hidden hunger which means a deficiency of vitamins, here is good news. The outlook for truck crops in the South, in California and in parts of Florida has been reported favorable.

Supplies of green Texas cabbage continue so plentiful that the War Food Administration has announced a program to direct larger quantities to the manufacture of sauerkraut. The winter cabbage crop is larger than usual. Prices are at low to moderate levels. Cabbage is still amongst the best buys.

High quality carrots are likewise abundant. Production is heavier than anticipated. Supplies are available from Texas, Arizona, and California. The use of more topped carrots is suggested since carrots without tops require less space and lower packaging costs. Carrots, especially topped carrots, continue to be a best buy.

Furnished by Ralph G. Risser, Federal Food Reporter



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Fort Worth 2, Texas
March 8, 1945

WARTIME FOOD BULLETIN

The array of fresh fruits and vegetables arriving from the producing sections and offered for sale on the Fort Worth and Dallas markets continues to attract public attention. Supplies are regularly drawn from the mild winter areas of South Texas, California, Florida, and Arizona.

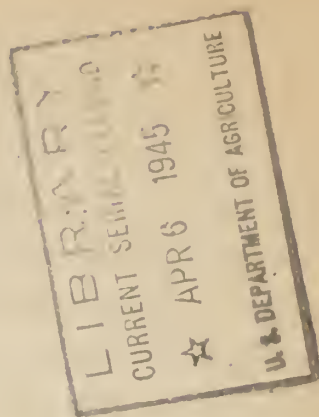
Authorities on nutrition consider vitamin A none too abundant in the American diet. Butter, which is one source of this protective material, is now limited but green and yellow vegetables are other excellent sources. On the Fort Worth and Dallas markets you will find carrots, spinach, mustard greens, sweet potatoes, bell peppers, and turnip greens, all of which generously contribute Vitamin A to the daily menu. Field conditions have been favorable for continued production of most of these products.

Because of the light supply of old crop of Irish potatoes, there has been more than the usual interest in the new crop. Most of the supplies are now coming from Florida. The scarcity of the old crop is due partly to the enormous requirements of both fresh and dehydrated potatoes by our armed forces. They now have first call on potatoes in Idaho, part of Oregon, California, Maine, Colorado, North Dakota, and Northern Michigan. As substitutes in the civilian diet sweet potatoes, rutabagas and other root crops should not be overlooked. A substantial part of the old crop of potatoes is stored in one county of Maine. In spite of the wartime hazards of transportation by water arrangements have been made to move a part of these supplies to Southern markets by boat.

Florida tomatoes are now on the markets in liberal supply and most of the tomatoes available here now are arriving from Florida. Prices are somewhat lower than last month.

Grapefruit and oranges are the best buys in fruits but there are still several varieties of apples offered. The apple list now includes Jonathans, Winesaps, Rome Beautys, McIntosh, Newtons, Ganos, Spitzenbergs, Ortleys, York Imperials, Staymans, and a few Delicious. There are liberal supplies of Eastern apples in storage but very few have been used in these Texas markets. The government has set aside some of the apples in Washington and Oregon for the armed forces and has been purchasing apples in a number of states on the Atlantic Coast for other outlets.

Furnished by Ralph G. Risser
Federal Food Reporter



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Fort Worth 2, Texas
March 15, 1945

WARTIME FOOD BULLETIN

In these days of wartime limitations, vegetables and fruits are entitled to a more prominent position than ever in the daily public menu and in the display windows of the retail grocery. Most of them are in moderate supply in the Dallas-Fort Worth area although there is a temporary scarcity of a few products. Some of these commodities which are still available will not remain on the market indefinitely. The end of the season is approaching on sweet potatoes, Northwestern apples, and Texas grapefruit. While the supply lasts use them freely.

If you are looking for vitamins for your market basket, your task is not difficult. Even though some foods are less plentiful just now there is a varied assortment of vegetables at hand. Greens are excellent sources of vitamins. They contain them all except vitamin D. Spinach, mustard greens, turnip tops, and collards are all offered.

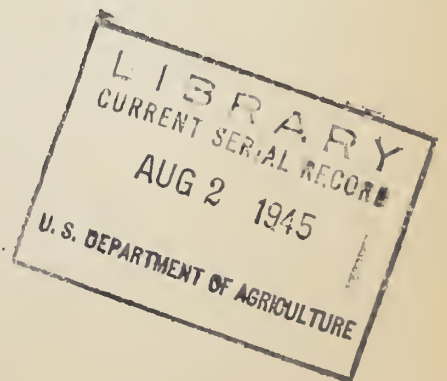
As the season advances you will want more salads. In this connection celery is now more plentiful. Carrots and beets are still abundant. Green beans are coming from both Texas and Florida. Florida and Mexican bell peppers are in the stores. Dealers endeavor to keep supplied with California or Arizona lettuce. Altogether there is ample material for good vegetable salads. Grapefruit segments, tomato slices, and pieces of avocados, apples, or bananas may be added if combination salads are preferred.

By way of variety perhaps you will want to include some of the new crop products now appearing on the market. Some of them are harbingers of spring. Summer squash (either white or yellow), California rhubarb, Louisiana strawberries and Texas asparagus are here in limited quantities. The supplies are expected to increase.

Don't overlook green Texas cabbage, which is truly a best buy. Cauliflower may be hard to buy but cabbage when moderately cooked is a good substitute. It is low in price and can be prepared without smelling up the house and without loss of vitamin values if served raw as a slaw, or not cooked too long.

Texas grapefruit deserves special attention. About 15 million boxes of this fruit were utilized to March first. But there are still some sweet, attractive, good quality supplies to be had. At this season of the year they should be retailed at prices which will move them into consumption promptly.

Furnished by Ralph G. Risser
Federal Food Reporter.



The first part of the paper is devoted to a discussion of the general principles of the theory of the structure of the universe. It is shown that the universe is a system of interacting parts, and that the laws of physics are the same everywhere. The second part of the paper is devoted to a discussion of the structure of the universe. It is shown that the universe is a system of interacting parts, and that the laws of physics are the same everywhere.

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Office of Marketing Services

511-513 U. S. Court House
Phone 2-1365

Fort Worth, Texas
March 22, 1945

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WARTIME FOOD BULLETIN

Food looms large in the public interest. Use of products which are plentiful instead of those which are scarce is a subject of major importance says Ralph G. Risser, Federal Food Reporter at Fort Worth.

Fortunately for the consumers in the Dallas-Fort Worth area, many vegetables and a few fruits are available in adequate supply. South Texas carrots, either bunched or topped, are still a best buy. Government agencies, out of state canners, and the large commercial markets are absorbing large quantities of these high quality carrots, but perhaps you have had none on your table recently. For high content of the protective carotene, select highly colored carrots. Your system will convert the carotene into vitamin A.

Green Texas cabbage continues a best buy for which you should not go hungry. It is excellent in salads. It goes well with raw carrots, apples, citrus fruits etc. Or cook it for five or six minutes, thus retaining its color, flavor, and vitamin values. And speaking of vitamins again, cabbage properly prepared, is a source of vitamins A and C. It also contains the minerals calcium, iron, and phosphorus.

Onions are still in the best buy class. They give zest and flavor to many a dish. No matter whether you prefer the highly rated French, Italian, or Chinese special dishes, the home cooking of friend wife, or the well remembered and much praised foods which mother used to make-- onions lend a savory element. In soups, in salads, in sandwiches, in stews, in hash, and in vegetable or meat dishes, onions impart a special relish. There are many good quality old onions on the market. Green Onions are also on hand. The mild, white Bermuda onions of the new crop are arriving from old Mexico. First Bermuda and Crystal Wax onions from the Raymondville district of Texas are expected on the market in the near future. So keep onions on your shopping list.

These three vegetables are again stressed. They are on the market in adequate quantities. They serve a useful purpose in the diet. They lend themselves to a wide variety of nutritious dishes.

Little has been said about Texas beets. Yet they too are plentiful on the markets at this time. They add a variety of color to the table. They may be had bunched with tops or topped in sacks. Crops are reported in good condition and beets are expected to be available through most of May.

The list of fresh vegetables and fruits is growing longer. Strawberries from Texas and Louisiana have been on the market the past week. Asparagus from Texas is being brought in by truck. White and yellow squash are now coming mostly from Texas. Even a few okra were seen on the market this week.

While enjoying fresh vegetables offered on the market, Victory gardeners are reminded that the garden season is at hand. Seed potatoes, onion plants and cabbage plants are ready for planting and it is time to set them in the gardens.

Furnished by Ralph G. Risser, Federal Food Reporter.

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Fort Worth 2, Texas
March 29, 1945

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WARTIME FOOD BULLETIN

The nation's farmers have been asked to produce the greatest possible amount of food this year. To do so they are increasing their plantings of many crops and they are looking for labor to work in the fields.

Victory gardeners, too, are urged to outdo their records of last season. They are at work on many plots of ground planting more vegetables and cultivating the crops that are already in the making.

But most home-grown vegetables are not yet ready. There are shortages of certain products here and there. While waiting for their gardens to begin producing, Mr. Consumer and his family continue to eat. In the fresh food markets they find the answer to their question: What good value, wholesome, ration free, fresh foods that are now available can I buy for my table?

The parade of fresh fruits and vegetables coming to the Dallas-Fort Worth area daily from the fields and citrus groves of South Texas, Florida, and California still contains some excellent buys. A list of best buys includes onions, carrots, cabbage, beets, sweet potatoes, spinach, grapefruit, and oranges. Prices of these products have not changed materially. They are still low. They are not hard to buy.

Supplies of some of the other fresh vegetables and fruits are not on hand in such liberal quantities as the ones mentioned. Strawberries from Louisiana and Texas districts have been insufficient to meet the demand. Texas asparagus receipts have been light. Supplies of green beans and squash have been limited. Cucumbers and okra are scarce. Cauliflower and broccoli are less abundant than in February. Lettuce, new and old potatoes, and the most popular sizes and varieties of apples are selling at ceiling prices because there are not enough offered to force the market down. There are a few English peas.

Rhubarb is on the market from California. An occasional shipment of Cuban pineapples comes in. Green peppers are here from Mexico and Florida. Eggplant is here from Florida and South Texas.

Local turnip greens are a little cheaper.

In filling the market basket for the Easter holiday a little special attention to the choice of purchases may be worth while, but the ample supplies of certain Texas products and the long list of commodities from many states should give everyone an Easter dinner table well provided with good things to eat.

Furnished by Ralph G. Risser
Federal Food Reporter

